



Mile Markers

We Give You the Run-Around

December 2001

Volume 23, No. 12.

P.O. Box 1818, Santa Fe, NM 87504

Fowl Day 2001 - Benefit for the Salvation Army Holiday Food Drive

by Mick Kappler, Fowl Day Director

The annual food drive to benefit the Salvation Army was a success. Participants donated an estimated 700 lbs of non-perishable goods. Sixty-one athletes including four children (new this year!) completed the 5K cross country run, hosted by the Striders and supported by Salvation Army staff. All enjoyed food, hot beverages and prizes. Let's show appreciation by visiting the following local merchants, who donated door prizes that were given to the participants:

- Carlos c/o Carmen's Pizzeria 1201 Cerrillos Santa Fe 989-1919
- Mike Glickman c/o Club International 1931 Warner Av Santa Fe
- Elaine Coleman 899 Zia Santa Fe
- Tony c/o Diego's Cafe 193 Paseo de Paralta Santa Fe 983-5101
- Domino's 2801 Rodeo Rd Santa Fe
- Payton & Harry c/o Harry's Roadhouse Rt 19 Box 52-D Santa Fe 989-4629
- Joe Horace c/o Santa Fe Dodge Kia 2721 Cerrillos Santa Fe 473-1234
- Diane c/o Jackalope 2820 Cerrillos Santa Fe 471-8539
- Java Joe's 2801 Rodeo Rd Santa Fe
- Pema c/o Ohori's 1098 1/2 St Francis Santa Fe 982-9692
- David c/o Old Mexico Grill 2434 Cerrillos Santa Fe 473-0338
- Marcella Apodaca c/o Pepper's 2239 Old Pecos Trail Santa Fe 984-2272 984-2146 982-1943
- Dan c/o Santa Fe Mtn Sports 607 Cerrillos Santa Fe 988-3337
- Randy c/o Santa Fe Spa 786 N St Francis Santa Fe 984-8727
- Rod Tweet c/o Second St Brewery 1814 2nd St Santa Fe 982-3030
- Mary Johnson c/o Ten Thousand Waves Japanese Health Spa PO Box 10200 Santa Fe 992-5006
- Ignacio / Pam c/o Tomasita's Santa Fe Station 500 S Guadalupe Santa Fe 988-3614
- Peggy c/o Whole Foods Market 753 Cerrillos Santa Fe 992-1700

Special thanks goes to the following local merchants for their exceptionally generous donations:

- David Harvey c/o Alpine Sports 121 Sandoval Santa Fe
- Jodi Medell c/o The Running Hub 333 Montezuma Santa Fe

Acknowledgement is extended to the following Striders for making Fowl Day a success:

- Eric Peters (insurance)
- Kris Kern (registration)
- Elaine Coleman (sponsorship)
- John Pollak (timing, numbering)
- Paul Scott - (setup/teardown)
- Dale Goering (course marking)
- June Dickinson (course marking)

Special acknowledgement is extended to the following Striders who went the extra mile in their efforts:

- Tove Shere (donors, registration, speaker, prizes)
- Jerry Shere (promotion, sponsorship)
- Diana Hardy (donors)

Come One, Come All! Club Meetings Held on Second Tuesday of Each Month at 7pm

On the 11th, the Striders Meeting will be held at **San Francisco Bar & Grill** at 144 W San Francisco on the plaza. Their number is 982-2044.

Membership Renewal Time

It's time to renew your member for the Santa Fe Striders. Don't miss an issue of *Mile Markers* and other new exciting developments by sending in your membership form today. A form is included at the back of each newsletter.

Feature Event

On January 19, 2002, the **Corrida de los Locos** will be held at the Santa Fe Recreation Complex on the Marty Sanchez Golf Course. Contact **Dale Goering** at 954-4384 for more information.

Urban Trail

by Mike Sutin

There are some urban trails called Ball where one can 'scape the City's wall, the concrete of DeVargas mall, the linoleum of dull school hall, if tuned into the foothills' call, to test youth's strength by standing tall; where one can run until it hurts, thanks to a forester called Wirtz; and let's allot more honor on them all.

From: WingsAmer@aol.com
Date: Thu, 8 Nov 2001 16:40:13 EST
Subject: Wings request
To: mick@daylight.com

Mick,

Wings has been blessed with a large quantity of running shoes and other product for distribution to Indian sports and wellness programs. Unfortunately, this windfall has created a major storage problem for us. If possible, could you circulate the appeal below to members of the Santa Fe Striders in case someone could help us.

Thank you! (Message below)

Anne Wheelock Gonzales
Associate Director
Wings of America
1601 Cerrillos Road
Santa Fe, NM 87505
Phone: 505-982-6761
Fax: 505-989-8995

Wings of America, the Santa Fe-based American Indian youth development program, serves over 1000 Indian children and youth each year with programs aimed at developing pride in cultural identity, increased self esteem, health and wellness, leadership and hope, balance and harmony. Wings seeks the donation of a large, secure storage space for one year. Volunteers are also needed for a variety of projects: office help, computer tech assistance, product distribution and more. Please call: 982-6761.

>>> Race Calendar <<<

12/9 Tucson Marathon
<http://www.tucsonmarathon.com>

12/31 Space Mural Museum 10K, Organ
<http://www.active.com>

1/19 9a Corrida De Los Locos
(time subject to change)
Santa Fe Recreation Complex
Marty Sanchez Golf Course
954-4384 (Dale)

Early June, Santa Fe Run-Around 2002
438-4463 (Mick)

Mid-November, Fowl Day 2002
438-4463 (Mick)

Cyber Information

Looking for running information on-line? See our website at <http://www.daylight.com/~jj/striders> or <http://www.racegate.com> for all kinds of goodies.

Weekly Workouts

Striders, guests, and other random runners meet at **6pm** on **Wednesdays** at Lincoln and Palace, across from the **Plaza clock**, for a 5-mile or so run. Also, track workouts (April-October) begin at **6pm** on **Tuesdays** at the **Santa Fe High School**. Everyone is welcome.

Express Yourself!

Please submit articles, race results, running tips, poetry, cartoons, photos, worst-run stories, best-run stories, letters, race schedule information, recipes, blueprints, X-rays, medical records, or almost anything printable to the Mile Markers editorial offices, c/o Mick Kappler, at 441 Greg Ave., Santa Fe, NM 87501, or email mick@daylight.com.

2001 Striders Officers

Eric Peters, President, 466-2460
RunAdventr@aol.com
Kris Kern, Vice President, 661-6293
kernkt@gat.com
Diana Hardy & Jim Westmoreland, Treasurers, 438-8602
hardy_diana@seo.state.nm.us
Mick Kappler, newsletter editor, 438-4463
mick@daylight.com

Santa Fe Screenprinters, Santa Fe Striders, City of Santa Fe and
Whole Foods

present

CORRIDA DE LOS LOCOS

Saturday, Jan. 19, 2002 at 9 a.m.

Race day registration begins at 8 a.m

Start and finish at the Santa Fe Municipal Recreation Center golf course. See map and
directions on back; for recorded directions call 955-4400.

Scenic course, about 5 miles long

Entry fees: \$12 in advance, \$15 race day Striders members: \$10 advance, \$13 race day

Awards: Ribbons to top three male and female finishers in age groups: up to 13, 14-19,
20-29, 30-39, 40-49, 50-59, 60-69, 70 and over

Long-sleeve T-shirts to first 125 entrants

Packet pickup on day of race only

For more information, call John Pollak at 983-2144 or Dale Goering at 954-4384
between 9 a.m. and 9 p.m.

Make checks payable to Santa Fe Striders. Advance registrants, mail to Santa Fe Striders,
PO Box 1818, Santa Fe, NM 87504

ENTRY FORM

Name _____ Age _____ Sex _____

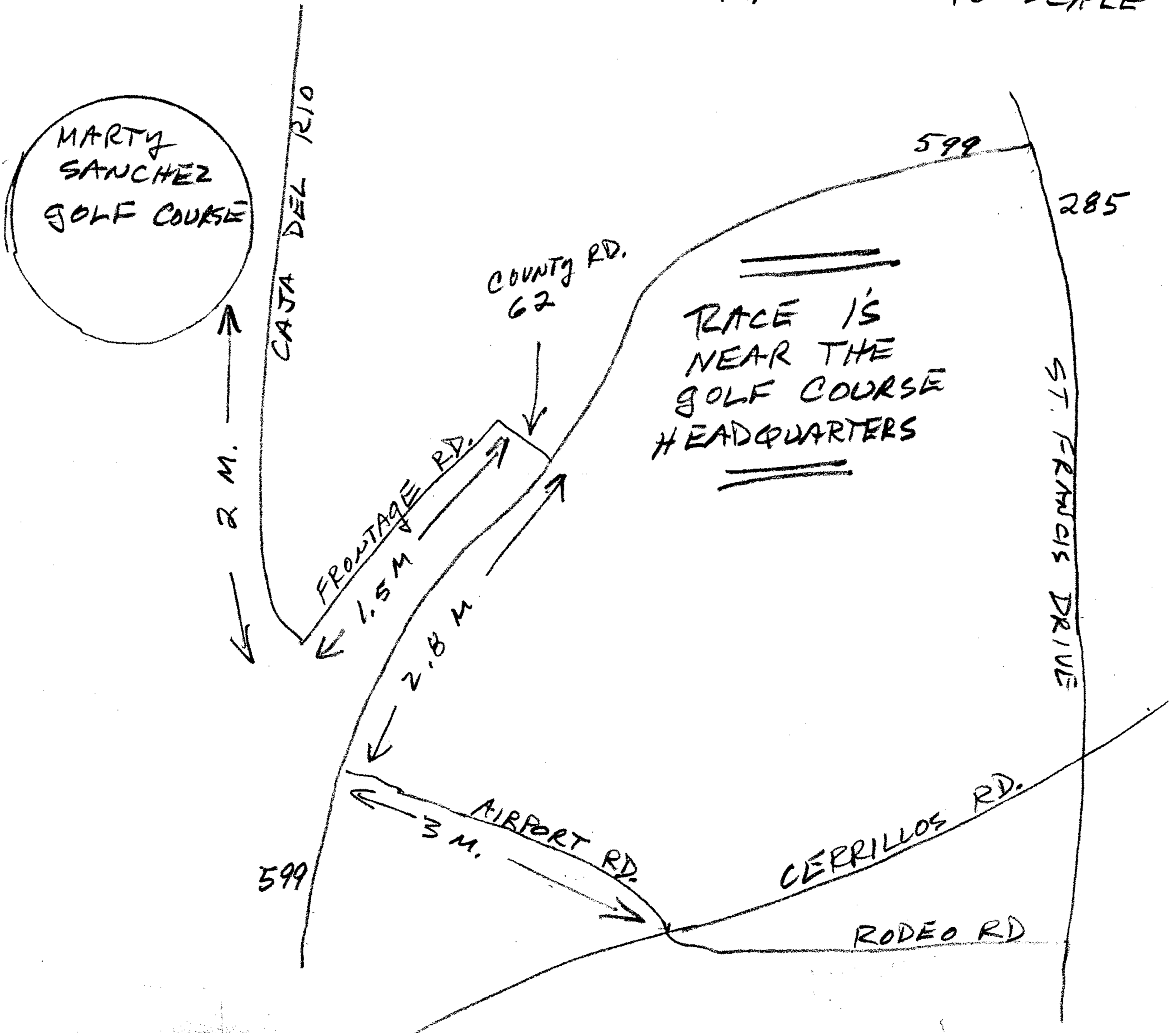
Address _____ City _____ State _____ Zip _____

Telephone number _____ T-shirt size: S M L XL

Winter running can be especially hazardous. I release all sponsors, workers and race volunteers,
including Santa Fe Striders, Santa Fe Screenprinters and the City of Santa Fe, from liability for any injury
incurred. I am sufficiently fit to run this race and assume all responsibility should anything bad happen to
me.

Signed _____ Parent Signature (if minor) _____

MAP NOT TO SCALE



Santa Fe Striders Club Membership Application and Waiver



Name: _____

- Renewal
- New member
- Jersey

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Email: _____

Enclose \$15.00 for annual membership fees. Add \$10 for the Santa Fe Striders new race jersey (Women and Men sizes S, M, L and XL). Annual fees are due in January of each year, and membership runs through the end of December. If you are paying after July 1, the membership fees are \$7.50. Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87504.

WAIVER: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the SANTA FE STRIDERS Road Runners Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence of carelessness on the part of the persons named in this waiver.

Signature

Date

Parent's Signature if under 18 yrs.

Date

Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504

